

1. The first step is to identify the problem. This involves understanding the current situation and what needs to be changed.

ABSTRACT

A folding collapsible exercising apparatus includes a front base frame having a first U-shaped support and a second U-shaped support, a rear base frame slidably inserted into one end of the front base frame and locked at the desired length by a lock pin, a footboard unit pivoted to lugs at the rear base frame by locked at the desired angle by a lock pin, a seat pivoted to the second U-shaped support and locked in position by a lock pin, a supporting bar pivoted to the second U-shaped support and locked in position by a lock pin, a back support pivoted to the first U-shaped support, two elastic members bilaterally coupled between the supporting bar and the back support, a back mattress pivoted to the back support and locked in position by a lock pin, a headrest slidably coupled to the back mattress and locked in position by a lock pin, and two elastic pull cord members bilaterally coupled to the front base frame for pulling with the hands.